

# WHERE TO GO FOR HELP

**CH**

## CHAPLAIN

Chaplains provide spiritual care and ensure all military and civilian Citizen Airmen and their families have the opportunity to exercise their constitutional right to the free exercise of religion. Chaplains are trained to help people in their time of need and ensure 100 percent confidentiality. Call your base chaplain or the command chaplain office, 478-327-1475.

**DPH**

## DIRECTOR OF PSYCHOLOGICAL HEALTH

DPHs are local, professional, licensed clinical social workers on base who can assist with a variety of military and related issues, including, but not limited to anxiety, depression, work stress, family discord, anger, marriage, etc... For a list of DPH offices, go to <https://www.afrc.af.mil/About-Us/PHAP/> and click on the list of DPHs midway down the page.

**KS**

## KEY SPOUSE

The Key Spouse program is a vital network for supporting Reservists and their families. While Key Spouses do not serve as subject matter experts for questions, they do have the training and resources to connect you with the person who has the answers. Find out more by visiting <https://www.afpc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program/>.

**YR**

## YELLOW RIBBON PROGRAM

The Air Force Reserve Yellow Ribbon Program is a series of events designed to provide Citizen Airmen and families with essential resources prior to deployment, a level of stability and support while deployed, and successful reintegration techniques after the deployment cycle ends. Call 478-327-1041.

**MOS**

## MILITARY ONESOURCE

Military OneSource offers a wide range of individualized consultations, coaching and counseling for many aspects of military life. Check out [militaryonesource.mil](http://militaryonesource.mil) or call 800-342-9647 any time.

**EAP**

## CIVILIAN EMPLOYEE ASSISTANCE PROGRAM

EAP is a professional service that provides information, consultation, problem-solving counseling, resource identification and support to all civilian employees and their immediate family members. For more information, call 800-222-0364 or visit [FOH4You.com](http://FOH4You.com).

**AFR**

## AIRMAN & FAMILY READINESS

Airman & Family Readiness Centers serve as the focal point for Air Force Reserve family matters. Their mission is to build stronger communities that promote self-sufficiency and enhance mission readiness, retention and adaptation to the Air Force way of life. For a list of A&FR offices go to, <https://www.afrc.af.mil/About-Us/Airman-Family/>.

**SH**

## DOD SAFE HELPLINE

The telephone helpline provides confidential crisis intervention, support and information to members of the DoD community who have been sexually assaulted. The helpline offers crisis intervention, emotional support and referrals to both military and civilian resources in your area. For more information, call 877-995-5247.

“Everybody needs a helping hand at some point in their life,” said Brande Newsome, Air Force Reserve Command’s community support program manager. “Luckily, AFRC has a host of people and resources available to help more than 74,000 military and civilian Citizen Airmen and their families when they need it most.”

As the chairman of AFRC’s Community Action Team, Newsome is leading the effort to improve access to all of the Reserve’s helping agencies and resources.

“Community Action Teams across the command are using a process called ‘Getting to Outcomes’ to create their Community Action Plans designed to meet the needs of their military members, civilians and family members,” she said.

On the following page are some of the helping agencies and resources available.

“If you need help, please reach out to one of these agencies or check out the resource.

Even if you aren’t exactly sure which agency or resource you might need, the most important thing is to ask for help. We’ll make sure you get the help you need.”

For generic community support questions, e-mail [hqafrc.esccommunitysupport@us.af.mil](mailto:hqafrc.esccommunitysupport@us.af.mil) or go to <https://www.afrc.af.mil/About-Us/Airman-Family/>.